Bacteria and viruses cause most food-borne illnesses

Factors affecting pathogen growth:
- Food (high in protein)
- Acidity
- Time
- Temperature (41°F - 135°F)
- Oxygen
- Moisture (water activity level)

Time-temperature control for safety (TCS) foods, aka potentially hazardous foods (PHF): moist, protein-rich foods that when temperatures are suitable can support pathogen growth

Pathogens can live but usually not reproduce on non-hazardous foods such as crackers

PREVENTING CROSS CONTAMINATION

Use different cutting boards for raw meats, cooked meats, and vegetables

Store foods according to required safe cooking temperatures: ready-to-eat (RTE) foods on top (vegetables, fruits, fully cooked food), then seafood, steak, pork chops, ground meats, and stuffed meats and poultry on bottom

All RTE foods should be marked with the date and time and discarded after 7 days from the date of preparation.

Rotate stored food products so the oldest food is used first.

Swollen/bulged and severely dented cans should be discarded.

NO bare hand contact with ready-to-eat foods! Use deli tissue, single-use gloves, spatulas, forks, tongs, etc.

GOOD HYGIENE PRACTICES

- Wear clean clothing and hair restraints
- Do not wipe hands on cloth towels, aprons or clothes
- Keep fingernails trimmed, neat and clean
- Keep personal food and drinks covered and in areas where food and clean equipment will not be contaminated

SYMPTOMS OF FOOD-BORNE ILLNESS

Vomiting
Diarrhea
Fever and sore throat
Jaundice (Hepatitis A)
Lesion/infected wound

DO NOT HANDLE FOOD, CLEAN EQUIPMENT, OR CLEAN UTENSILS IF YOU HAVE ANY SYMPTOMS OR A CONFIRMED FOODBORNE ILLNESS